

Asian style shredded beef



Winter is a great time for slow cooker recipes. Even aboard a boat, tucked up in a safe winter berth with access to shore power, cooking delicious meals that fill the boat with wonderful aromas is fairly effortless and this one takes just minutes to prepare for the pot and only a few minutes longer to finish it ready to serve.

Ingredients

750 g braising steak, in one whole piece
about 3-5 cm thick
400 ml beef stock
250 ml balsamic vinegar
2 tablespoons soy sauce
2 tablespoons Worcester sauce
2 tablespoons honey

1 teaspoon dried chilli flakes
2 teaspoons Chinese five spice or
garam masala
4 cloves garlic, finely sliced
1 thumb-sized piece fresh ginger,
finely sliced

Method

Mix all the ingredients but the beef together and pour a little into the bottom of your slow cooker. Place the beef in and pour the rest of the liquid over the top.

Cook on high for about an hour, then switch to low and cook for about 5-6 hours, depending on your slow cooker, turning the beef two or three times.

Remove the beef to a warmed plate, drizzle a tablespoon or two of the liquid over the top and cover with foil to keep warm. Pour the remaining liquid into a saucepan, straining to remove the ginger and garlic if you wish, then bring to a boil and reduce until you have a rich, sticky sauce. Meanwhile, shred the beef with two forks.

Serve with finely shredded cucumber, red pepper and spring onions, drizzled with the sauce in Chinese pancakes or flour tortilla wraps, or over plain rice.

A recipe from the galley of *Pipit*



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